Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Oct 2026

The effect of educational intervention based on Adult Learning Theory on oral health related quality of life among the elderly referred to dental clinic of Ahvaz Jundishapur University of Medical Sciences

Protocol summary

Study aim

The present study was conducted to determine the impact of educational intervention based on Adult Learning Theory on oral health related quality of life of the elderly.

Design

Clinical trials with intervention and control group (with parallel groups), blind and randomized using 6 blocks.

Settings and conduct

The place of study was all parts of dental faculty of Ahvaz Jundishapur University of Medical Sciences. Participants were randomly divided into experimental and control groups. After pre-test, educational programs were conducted for the interventional group. After one month, the questionnaire was again administered in both groups. Then, the results of pre-test and post-test were compared in each group separately.

Participants/Inclusion and exclusion criteria

Inclusion Criteria for this study were fluency in Persian, informed consent to participate in the study, good psychological and mental status, minimum score of the short cognitive performance test (>6) and literacy. Age less than 60 years old and having psychological disorders were non-admission conditions.

Intervention groups

Intervention group: The intervention included an individual training method using motivational interviewing, an e-learning method in the form of sending three short messages onec a week and a group discussion method that was held in 1 one-hour session. Control group: control group received routine cares of dental clinic of Ahvaz Jundishapur University of Medical Sciences.

Main outcome variables

The overall score of oral health related quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20120910010804N13**
Registration date: **2018-12-16, 1397/09/25**
Registration timing: **retrospective**

Last update: **2018-12-16, 1397/09/25**
Update count: **0**

Registration date

2018-12-16, 1397/09/25

Registrant information

Name

Marzieh Araban

Name of organization / entity

Tarbiat Modares University

Country

Iran (Islamic Republic of)

Phone

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m.araban@modares.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-06-01, 1396/03/11

Expected recruitment end date

2017-07-21, 1396/04/30

Actual recruitment start date

2017-06-01, 1396/03/11

Actual recruitment end date

2017-07-21, 1396/04/30

Trial completion date

2017-11-30, 1396/09/09

Scientific title
The effect of educational intervention based on Adult Learning Theory on oral health related quality of life among the elderly referred to dental clinic of Ahvaz Jundishapur University of Medical Sciences

Public title
The effect of education on oral health related quality of life

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Being fluent in persian Informed consent to participate in the study Good psychological and mental status according to the clinician's diagnosis Minimum score of the short cognitive performance test (>6) Having at least ability to read and write

Exclusion criteria:
Receiving privet sectors care

Age
From **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Outcome assessor

Sample size
Target sample size: **92**
Actual sample size reached: **86**

Randomization (investigator's opinion)
Randomized

Randomization description
Allocating subjects to the study groups (intervention and control) was done random block using six blocks. This was done with WinPepi11.0 software (http://www.brixtonhealth.com/pepi4windows.html). This software generates random groups. In each block, 3 subjects were from the control group and 3 subjects were from the intervention group, which was arranged randomly. Finally, 16 blocks were used. The steps of using the software listed were as follows: ETCETERA, Randomization (Random allocation) , Balanced Randomization, Successive blocks.

Blinding (investigator's opinion)
Single blinded

Blinding description
In order to reduce the probability of information bias, the person evaluating the results (post-test) of the educational group was blinded to the participants' group assignment.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Ahwaz Jundishapur University of Medical Sciences

Street address
Ahwaz Jundishapur University of Medical Sciences, Esfand street, Golestan

City
Ahvaz

Province
Khouzestan

Postal code
61357-15794

Approval date
2017-06-17, 1396/03/27

Ethics committee reference number
IR.AJUMS.REC.1396.315

Health conditions studied

1

Description of health condition studied
Oral health related Quality of life in the elderly

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Oral health related quality of life in the elderly

Timepoint
Before the intervention and one month after the intervention is completed

Method of measurement
Standard questionnaire of Geriatric Oral Health Assessment Index

Secondary outcomes

1

Description
The Score of Effectiveness of Adult Learning Theory

Timepoint
Before the intervention and one month after the intervention

Method of measurement
Questionnaire consisted of 8 researcher-made questions

Intervention groups

1

Description
Intervention group: using face-to-face training methods in the form of 15 minute individual training using motivational interviewing methods, e-learning method (sending educational SMS) which included three short messages that were sent once a week for Individuals and the group discussion method was used as a 1-hour session.
Category
Lifestyle

2

Description
Control group: control group received routine cares of dental clinics of Ahvaz Jundishapur University of Medical Sciences.
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Faculty of Dentistry of Ahvaz University of Medical Sciences
Full name of responsible person
Elham Shokouhi
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Ahvaz University of Medical Sciences
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Ahvaz University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Dr.Marzieh Araban
Position
Assistant Professor of Ahvaz University of Medical Sciences
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Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is a plan to make this available

Informed Consent Form
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
All data studied is sharing after unobtrusive.

When the data will become available and for how long
The access to information after publishing the results

To whom data/document is available
Academic researchers

Under which criteria data/document could be used
The terms of sending the document will be explained to the requesting person.

From where data/document is obtainable
araban62@gmail.com e_shokouhi71@yahoo.com

What processes are involved for a request to access data/document
The request will be answered by the research team after the review.

Comments